

x-girl zine

**the no fashion,
no bullshit,
straight to the
point
straightedge zine**

summer 1994

**DEDICATED TO C. NATION. 1846-1911
FEMALE AMERICAN AGITATOR FOR
TEMPERANCE.
AND FOR MY HOMETOWN, EVANSTON,
WHERE THE IDEA OF TEMPERANCE GOT ITS
START.**

SO THIS IS X-GIRL.
this is my zine on what
my thoughts are about
straightedge. there are
no pictures. there are
no interviews. there
are no superslick
layouts. there isnt even
one band name
mentioned or one zine
name mentioned. or a
thank you list. there
might be a few lyric
quotes, but they are just
slipped in here and
there.

its my no fashion, no
bullshit, straight to the
point, straightedge
zine.

hope you like it.

— X-GIRL

so actually what straightedge really means to me is respect.

I respect my body enough to take care of it.

I respect life enough not to take mine for granted.

I respect the people in my life enough to make sure that I can be there for them 100%.

see, there are a couple things that I view drugs as doing.

these are things that I came up with on my own from knowing people who used drugs, and as being someone who in the past has used a lot of drugs.

drugs kill brain cells. if you use drugs, you kill your brain cells. I don't want to kill my brain cells. I kinda like them as alive as I can get them. the idea of voluntarily making yourself more stupid, is not high up on my list of things to do. and if you are killing your own brain cells its kinda like slow suicide. I love life. why would I want to kill myself? its not that my life is easy, but I just see the hard parts as challenges, that if I overcome I become stronger. and I really value strength, and I view straightedge as a sign of strength. if you are straightedge, you aren't giving into temptations. you don't use drugs to solve your problems, you take them on as a challenge and try to conquer them. you don't lean on a crutch, you stand up straight and tall all by yourself.

also it takes discipline to be straightedge. you don't overindulge in vices. you aren't some weak spineless human who wont even take a stand on an issue that really means something. you are a strong individual who stands apart from the rest of society, and has enough within yourself to go against the flow of the general population, who can't have fun or withstand pain, with out the use of a mood or mind altering drug. and life is beautiful all by its self. with all the people that you can love, with all the people that you can help, with all the people that you make an impact on, with all the things that make you happy.

listening to your favorite 7", seeing a great new band, reading a zine that makes you see things in a different way, taking a great photograph, reading a really good book, going to a museum, doing something nice for someone without them asking and seeing the look on there face, trying and trying a trick on your snowboard and finally getting it, there are tons of things to love in life and to be thankful for. be thankful that hardcore music exists, and that you can stop someone from driving drunk and save a life, that you can have the choice to be drug free and take good care of your body....

which gets me back to my original point. being poison free lets you save your own life. and plus if you are drug free you are experiencing life to

its fullest. you don't have a cloud all around you making life blurry. you see life with complete clarity. just look at the term beer goggles. its an accepted fact that the world appears differently when you are under the influence. dont you want to see the truth in life?

I respect my mind. I am not the most brilliant person in the world and sometimes I make kind of stupid decisions, but I try not to. and it helps to have my mind not be under the influence of a drug. drugs make you have poor judgment. if you are trying to make good decisions, then drugs just get in the way. and if you make a poor judgment while on drugs ,there is no one to blame except yourself. I am glad that I can take complete credit for every judgment I make. I am the only one that controls me. no other substance or person does. when I think , I think for, and by, myself.i am a true individual. I am my own person. everything I do and say, is me. no drug is altering my mind. I can think clearly. I am in control of my own life.

drugs are mood altering as well. I want to feel every emotion that comes naturally to me. whether it be bliss, or agony. I want to feel grief when someone dies and joy when I fall in love. no drug can give you that. drugs just imitate emotions, they don't completely create them. there is nothing backing up a drug induced emotion. there is no connection in your heart. its just an illusion that the drugs create in your brain. I would rather feel life as it really is. there is nothing more trippy than life. if you just look at the people around you, and the way our society works, you can just start to laugh. everyone is a freak. you just have to look at them in a way you never looked at them before. and you can totally get a high naturally from running or rock climbing or dancing at a show that just simply comes from enjoying life. it doesn't kill brain cells, it doesn't distort life, it just enhances the good parts.

another way that being straightedge lets you be in control of your life is that it keeps you addiction free. an addiction is something that you can't help doing or needing. you have no power over it, it has power over you. so if you are straightedge, you have the control, not the substance. and there is such a fine line between drug use, and abuse, and many people don't notice that they have crossed that line, until it is too late. and I wouldn't want anything happening in my life without my noticing it.

if you think about it, the only possession that you have in the world, that no one can take away from you, is your body. so shouldn't you want to take care of it? its with you for the rest of your life. I view my body as the most important thing that I have. and my mind is part of my body,

so I treat both as if they were a temple. I keep them pure and poison free. and if your body is the only thing you really own, then it is the only thing that you can be totally in control of.

life and society is so crazy and reckless, and it is so uncontrolled and chaotic, that it feels really good to enforce my power of control over my body. in a crazy world it is the only thing that I can keep sane. I may not be in control of everything that goes on around me, but I can be in control of myself. and I cant always change everything around me, but I can change myself. and being straightedge is a change. its a change for the better.

and if I don't love and respect myself, how can I go out and love others?
and if I don't help myself, how can I help others?

if I feel confident about myself, then I can go out and give advice, I can listen to a friend in need, without freaking out on how I am so unhappy myself. I can be there for people and care about them without the apathy that drugs bring on. being straightedge lets me be more positive about my life and that helps me show others how positive their lives can be.

and if I am straightedge and I have respect for myself, then I don't have to look to others to make me feel good about myself. I know that I am ok, and that I am worth something, and that I am trying to become as good a person that I can be.

So here is another reason to be straightedge:

to fight the government.

the government is the thing that lets drugs into this country, as one comedian said "its harder to get Cuban cigars into the country than it is to get crack" I mean you get crack from the guy on the street corner, he gets it from some bigger dope dealer, he gets it from the Mafia, who gets it from the government/CIA, who gets it from trading weapons to south American drug lords.

its true. <or something to that effect>

the government has a much easier time controlling a bunch of sedated idiots sitting on their asses with a bong in one hand and a slice of pizza in the other, then they do people who think have bright active thinking minds. cuz if people are thinking about more than where and when they can get more blow, they might start to notice how fucked the government really is.

and they might not like it.

and then they might try to do something about it.

and the government really doesn't want to deal with that.....

ok even with alcohol, its legal. the government wants it to be legal. and

why? cuz its really easy to rule over a bunch of mind clouded drunks.

drugs make you apathetic. they make you not care about tons of shit.

yourself, the other people you know, what's going on around you...tons of

shit. and if you don't care you aren't gonna try and change anything.

cuz the government doesn't want to change. it likes things just the way

they are. they have all the power, and the people don't really have any.

so fight to be different. don't be a lowly peon that gets kicked around.

stay drug free.

stay alert,

straight and alert.

caf.fe.ine, caf.fe.in, the alkaloid C₈ H₁₀ N₄ O₂ present in coffee, tea, and kola: it is a STIMULANT to the heart and central nervous system. (websters)

uh, I hate to tell you but, caffeine is a drug. it alters your mood. tons of caffeine can give make you all jumpy and be on edge.<but not the straight edge> therefore I abstain from it. I don't even eat chocolate. cuz even if you have only a little amount, it affects you. you may not be totally aware of it, you may only notice that you don't feel quite as tired anymore, but it does affect you. if you really are straightedge, then stop drinking/eating caffeine. it is a mood/mind altering drug. and isn't that what being straightedge is about? not putting mood or mind altering drugs in our body? plus people do get addicted to caffeine. but they don't usually notice going through withdrawal because caffeine is so readily available to them that they never go without it.

and don't you wanna be addiction free?

don't you wanna be drug free?

then go caffeine free.

sad that you will be giving up chocolate? there are a million other things that taste good in the world, just the fact that you want it should be a reason to see if your mind can resist your bodies craving. show your strength to yourself. test yourself and pass. it makes you feel better about yourself then any hersheys bar ever did.

another reason to be sxe:

cuz who really wants to support those beer companies with all the women in bikinis. I mean come on, how much can you use sex to sell in a 30 second period? I hope no self respecting woman or any man who believes in women being something more than a sex object, would drink, and thereby support, all those fuckin obnoxious beer companies. do I really need to say any more?

ok yet another reason to be sxe, especially if you are a woman:

when men and women are drunk and in the same place a couple bad things can happen. one is that their judgment is altered so that many times sex occurs with out a condom. pregnancy, aids, herpes, other stds...

and if they weren't drunk then maybe they might have stopped long enough to think "hmm, half and hour of unsafe fun isn't worth all the shit it can bring on" and then they could grab a jimmy and use it.

another thing that can happen from clouded judgment that happens because of drinking is date rape. because you were drunk you didn't notice that the situation was becoming shadier and shadier and you follow the other person into the dark bedroom and things started happening that you didn't want to happen you say "no" but

they happen anyway. and no it isn't your fault, because no one should ever get raped, but the cold hard truth is that people DO get raped, and its better to avoid a situation altogether and have it never come up then have it come up and happen even tho you say "no". plus, the person who does rape, and is drunk, might have such clouded judgment that they really think you want it even tho you scream "no"

drinking really turns people into fuckin idiots. but if you are straightedge, hopefully, you don't have to deal with that situation.

another reason not to support alcohol, is that the majority of people who are beaten are abused by someone who has been drinking alcohol. alcohol can increase violent behavior incredibly.

and do I really have to explain how fucked that is?

IF YOU CANT CHANGE THE WORLD, THEN CHANGE YOURSELF.
SOMETIMES WE CANNOT CURE ALL THE EVILS IN THE WORLD.
SOMETIMES WE CANNOT EVEN CURE ALL THE EVILS IN OUR LIVES.
BUT THAT DOESN'T MEAN WE CANT TRY.
THAT WE CANT STRIVE TO BE A BETTER PERSON.
I AM NOT ASKING ANYONE TO BE PERFECT.
CUZ I AM NOT EVEN CLOSE TO BEING FAULTLESS BY A LONG SHOT.
I DON'T THINK IT IS EVEN NORMAL TO BE FLAWLESS.
BUT I AM ASKING PEOPLE TO TRY TO BE BETTER.
ITS NOT SOMETHING THAT HAPPENS OVERNIGHT. ITS SOMETHING
THAT YOU STRUGGLE WITH FOR A REALLY LONG TIME.
AND SOMETIMES YOU GET REALLY DISCOURAGED. AND SOMETIMES
YOU REALLY FEEL LIKE YOU ARE MAKING A NOTICEABLE CHANGE
FOR THE BETTER.
AND IT FEELS GOOD WHEN THAT HAPPENS AND IT FEELS LIKE SHIT
WHEN YOU FEEL STAGNANT. BUT IT IS SO IMPORTANT NOT TO GIVE
UP AT THAT POINT.
ITS LIKE BACKPACKING, TO GET FROM HERE TO THERE YOU HAVE TO
WALK THE MILES IN-BETWEEN. THERE AREN'T SHORTCUTS, BUT
THERE MAY BE A LONGER WAY AROUND. SO YOU TRY TO STAY ON
PATH USING YOUR COMPASS TO MAKE SURE THAT YOU KNOW
WHERE YOU ARE GOING, BUT MORE IMPORTANTLY TO KNOW WHERE
YOU ARE AT. YOU ALWAYS GOTTA LOOK AROUND AND CHECK
WHERE YOU ARE, SO THAT YOU CAN FIGURE OUT HOW TO GET TO
YOUR FINAL DESTINATION.
I THINK THAT BEING SXE ISN'T A SHORTCUT, CUZ THERE AREN'T ANY
IN LIFE, BUT IT DEFINITELY IS A WAY TO AVOID THE LONG WAY
AROUND. AND HOPEFULLY SXE MEANS MORE TO A PERSON THEN
JUST BEING POISON FREE. HOPEFULLY IT IS A WAY FOR A PERSON TO
HELP THEMSELVES CHANGE FOR THE BETTER.

OK THAT WAS KINDA PREACHY AND IDEALISTIC, BUT HEY, I AM POSI
AT HEART.

AND ITS A ENDEAVOR FOR ME AS WELL TO TRY TO THINK THAT WAY
ALL THE TIME, BUT I REALLY TRY. AND WHEN I FEEL DOWN AND
DISHEARTENED, I JUST LOOK AT WHERE I AM AND WHERE I WANNA
BE AND CALCULATE THE BEST WAY TO GET THERE.

some people ask me why I like hardcore so much since I am so anti-hate.

but I guess I don't see it as being about hate. I kinda see it as being about anger, but that can be anger that is constructive. anger, but not hate, at the way so many things are so fucked up. but that anger gives me the strength and the courage to change things. because there is no courage in hatred. but there is courage in wanted to change things. and there is the most courage in changing yourself. it is easy to go around and say how everything else in the world has to change, but it is a very humble, yet honorable ,thing to say that you need to change yourself. people don't like to admit that they are wrong or have done something wrong, but that is the first thing you have to do in order to change yourself.so I see constructive anger, not blind hatred, as being pretty positive.

but more than anger I see hardcore as being about passion. and passion is about having a fire within yourself pushing you on in the right direction. passion is about feeling something down to your very bones. passion is about actually giving a fuck about who you are and what you can give to yourself and others. passion is overpowering. passion is compelling. passion is an intense emotional drive, and that's what I think hardcore is all about.

so i give stuff up all the time, and i think that after a while i start to take it all for granted. i have given up drugs and alcohol, smoking, caffeine (including chocolate, its been the hardest thing so far), i gave up all desserts (i dont even eat rice dream ice cream, boo hoo), i dont eat food cooked with alcohol, i wont steal, i gave up boys for a while (uh, long story) etc.,etc... so anyway i give up alot of stuff. and i feel proud of myself for a while, but then i feel like i am not really accomplishing anything after a while. i feel like i need to give up something more. but really i just need to sit back and look at all the stuff that i am accomplishing in my life and give myself credit. i think all sXe kids need to too. it can be hard to say fuck you to society and all their bud lite commercials that they stick down our throats. its

hard to be different in high school and in college when everyone else is <pseudo> bonding over a few beers, and you are sitting in the corner disgusted at how all the drunkards act but maybe sorta feeling a little left out of the whole "high school/college party experience" and its hard to stick to something and have a commitment to something when the world is full of so many temptations and vices. but look at us all. we have overcome that. we are so strong and we should recognize that. and give ourselves credit for it. we are a minority, but we are a strong minority that respects our bodies and our minds and the animals around us and the environment around us and the people around us to make a difference. we are not animals that go along with the herd. we think for ourselves. we think about the

**consequences of leading our lives
they way we are told to and we
break free from that.**

**give yourself credit, whether you
have been sXe for a day, a month, a
year, or ten years. it is an
acomplishment and you should be
proud of it.**

the reason that I don't eat food cooked with alcohol, even if it is all "cooked off" is that I don't want to support the wine industry in general. its kinda like a general boycott of all alcohol industries. see, a lot of the companies do a couple different bad things. first, for all you veg/vegans out there, animal products are used in wine and in beer. also, many of the companies are pretty racists. not only do many companies, like Coors, discriminate against minorities in the workplace, denying higher level jobs to minorities, but they also market certain alcoholic products towards minorities. just like some cigarette companies market cigarettes directly towards women as well. so now, cigarettes kill just as many women as men! how fun.

and its just kind of sick to see how alcohol

companies market sports and alcohol together. I work with all these people who do triathlons, and alot of them wont touch alcohol. it would ruin their training. plus I think that alcohol companies could take a bigger stand on drunk driving, instead of token commercials and programs. I think it would be great if everyone would have to have a license to drink just like they have to have a license to drive a car. the alcohol companies could sponsor ten day programs on how to drink responsibly, how little alcohol it takes to affect your driving, the dangers of alcohol to your health, etc. then the person would get a license that they would use to drink alcohol. and then if someone was caught driving under the influence of alcohol, both

their licenses would be taken away. and not only would they not be able to drive their car, they wouldn't be able to drink alcohol until they went to more classes to get their drinking license back. its kind of a kooky idea, but it might make a difference.

I thought that for the next issue of x-girl I would have the whole zine be interviews of parents of straightedge kids. so, if you think that your parents would want to be interviewed about it, please let me know. I want parents who are happy that their kids are straightedge, I want parents who use drugs themselves, I want parents who feel that their kids think they are better than them, I want parents who think its some weird cult... get the picture? so, if you think your parents would have some sort of interesting thing to say on the matter, please contact me.
thanx, x-girl

FASTING

OK, SO I WENT ON THIS 3 MONTH LONG OUTWARD BOUND TRIP TO THE BOUNDREY WATERS IN MINN. UP BY THE CANADIAN BORDER, AND THEN IN TEXAS IN BIG BEND NATIONAL PARK BY THE BORDER OF MEXICO.

ANYWAY ON THE TRIP I HAD TWO SOLOS, ONE WAS IN MINN. AT THIS LAKE CALLED RAVEN LAKE WHICH YOU HAD TO GET PERMISSION TO GO TO BECAUSE IT IS SUPPOSED TO HAVE AS LITTLE IMPACT ON IT AS POSSIBLE. IT WAS UNBELIEVABLY GORGEOUS <WHEN IT WASNT RAINING OR SNOWING> SO WHAT IS A SOLO? IT IS A TIME WHEN YOU ARE GIVING A VERY SMALL AMOUNT OF FOOD AND ONLY A FEW PIECES OF CAMPING GEAR AND YOU ARE CONFINED TO A SMALL AREA IN THE WILDERNESS WHERE YOU SPEND A CERTAIN AMOUNT OF TIME ALONE WITH VIRTUALLY NO CONTACT WITH OTHER PEOPLE. YOU HAVE NO BOOKS WITH YOU, OR ANYTHING MUCH TO KEEP YOU BUSY EXCEPT A JOURNAL THAT YOU CAN WRITE IN. YOU ARE SUPPOSED TO USE THE TIME TO REFLECT ON YOUR LIFE AND TO REALLY LISTEN TO NATURE. YOU NOTICE THE FULL RHYTHM OF A DAY IN THE WILDERNESS IF YOU STAY IN ONE SPOT AND SEE HOW IT UNFOLDS AND EVENTUALLY TURNS INTO NIGHT. OF COURSE IT DOESNT STOP THERE. IT SEEMS LIKE MORE THAN HALF THE ACTIVITY IN THE FOREST HAPPENES AT NIGHT.

ANYWAY I GUESS I SHOULD MOVE ON TO WHAT THIS ALL HAS TO DO WITH BEING STRAIGHT EDGE.....

MY SOLO IN MINN. WAS TWO DAYS AND TWO NIGHTS. WE WERE OFFERED THEN OPTION OF FASTING, BUT I THOUGHT IT WAS CRAZY. IT HAD BEEN SNOWING EARLY THAT YEAR AND I HAD BEEN EATING ALL THE FOOD I COULD GET AHOLD OF TO GIVE MY BODY ENERGY TO KEEP WARM. ITS AMAZING HOW FOOD CAN BE SO DIRECTLY LINKED TO THE STATE OF YOUR BODY AND HOW THE STATE OF YOUR BODY CAN AFFECT YOUR MIND.

IN TEXAS, IT WAS NICE AND HOT. THINGS HAD BEEN GOING REALLY WELL. I WAS IN THE BEST SHAPE OF MY LIFE. I HAD JUST BACKPACKED WELL OVER 100 MILES WITH A 60 POUND PACK, AND I FELT LIKE I WANTED TO PUT MYSELF TO THE TEST. THERE MY SOLO WAS THREE FULL DAYS.

THERE WAS ABOUT FIVE OF US THAT CHOSE TO FAST AND THREE OF US WHO DIDNT GIVE UP. IT WAS REALLY HARD. I HAD NO FOOD WHATSOEVER. I WAS ALL ALONE. IT WAS THE DESERT, WHICH IS ONE OF THE MOST BEAUTIFUL PLACES ON EARTH, AND I THINK THE

MOON WAS FULL. THERE WERE COYOTES HOWLING AT NIGHT AND SCORPIONS UNDER MOST OF THE ROCKS. I WAS IN THE MIDDLE OF NOWHERE AND I LOVED IT.

DURING THIS TIME AND MY SOLO IN MINNISOTA TOO I HAD A LOT OF TIME TO THINK ABOUT WHAT STRAIGHT EDGE MEANT TO ME. IT ESPECIALLY HIT ME IN TEXAS WHEN I WAS FASTING BECAUSE FOR THE FIRST TIME IN MY LIFE I WAS COMPLETELY DRUG FREE. THE AIR WAS CLEAN AND POISON FREE. THE WATER I DRANK CAME OUT OF A SPRING IN THE EARTH, AND I HAD NO FOOD GOING INTO MY BODY THAT EVEN HAD ANY TRACES OF PESTICIDES OR PRESERVATIVES OR ANYTHING. I FELT SO CLEAN AND POISONLESS. NOW I THINK

FASTING IS A GREAT WAY TO REAFFIRM YOUR BELIEF IN STRAIGHT EDGE TO A CERTAIN POINT. IT ALSO FELT LIKE I WAS REALLY BEING STONG. I KNOW NOW THAT I CAN GIVE UP ANYTHING IF I PUT MY MIND TO IT. HELL I GAVE UP FOOD AND MY BODY NEEDS THAT.

JUST THINK OF ALL THE STUFF YOU CAN GIVE UP THAT YOU DONT NEED TO SURVIVE. OF COURSE IT WAS HARD AND I WAS CRAVING FOOD THE WHOLE TIME. I DREAMT ABOUT FOOD. I THOUGHT ABOUT IT FOR MOST OF THE DAY. I WOULD TRY TO THINK OF SOMETHING ELSE, BUT WITH ME SITTING ALL ALONE IN THE DESERT I KEPT ON COMING BACK TO THE SUBJECT OF FOOD. I WANTED IT SO SO MUCH, BUT YET I KEPT MY SELF FROM GOING TO WHERE I KNEW THERE WAS FOOD AND EATING IT. AND THAT MAKES ME FEEL REALLY GOOD ABOUT MYSELF AND HOW STRONG I CAN BE.

SO FASTING CAN BE REALLY COOL BUT, ITS REALLY REALLY HARD. AND THERE ARE CERTAIN GUIDLINES IT HELPS TO FOLLOW. IN A WAY FASTING SHOWS YOU HOW MUCH IMPACT THE THINGS THAT YOU PUT INTO YOUR BODY HAVE. EVEN SOMETHING AS "NEUTRAL" AS FOOD. AFTER ABOUT A DAY AND A HALF OF FASTING I FOUND IT HARD TO MOVE AROUND FREELY. YOU HAVE TO MOVE SLOWLY OR ELSE YOU GET DIZZY. AND I KNOW IT WASNT FROM BEING DEHYDRATED BECAUSE I WAS DRINKING 6 LITERS OF WATER A DAY. THAT IS 3 OF THOSE 2 LITER SPRITE BOTTLES. I HAD TO FORCE MYSELF TO DRINK THAT MUCH AFTER A WHILE. BY THE THIRD DAY I WASNT EVEN THINKING CLEARLY. IT HAD GONE BEYOND JUST AFFECTING MY BODY AND MOVED ONTO AFFECTING MY MIND.

WHEN I WAS FINALLY OFF SOLO AND THERE WAS FOOD IN FRONT OF ME, I STARTED LAUGHING AND CRYING AT THE SAME TIME. I WAS DEFINATLY OUT OF IT. IF LACK OF FOOD CAN DO THAT TO YOU, JUST THINK WHAT PUTTING A MIND OR MOOD ALTERING CHEMICAL IN YOUR BODY CAN DO. ITS AMAZING.

SO I THINK THAT THERE WERE GOOD AND BAD SIDES TO FASTING. IT DID MAKE ME REALIZE THAT MY BODY AND MIND ARE EASILY AFFECTED BY WHAT I CONSUME. ALSO THERE WAS THE FACT OF

FINALLY BEING REALLY POISON FREE. BUT ON THE DOWN SIDE AFTER THE FIRST 2 DAYS I STARTED NOT FEELING IN CONTROL OF MY BODY AND MY MIND. AND THAT IS PART OF THE REASON THAT I AM STRAIGHT EDGE. I WANT TO BE IN CONTROL OF EVERY ACTION I EVER DO AND EVERY THOUGHT I EVER HAVE. DRUGS TAKE THAT CONTROL AWAY FROM YOU AND THATS ONE REASON THAT I HATE THEM SO MUCH.

BUT I GO INTO THAT MORE ELSE WHERE IN THIS ZINE...

SO I THINK THAT FASTING IS SOMETHING THAT PEOPLE SHOULD TRY. ITS A GOOD EXERCISE IN DISCIPLINE. AND ONCE YOU REACH YOUR GOAL YOU FEEL LIKE YOU HAVE REALLY ACCOMPLISHED SOMETHING AND THAT YOU COULD GO OUT AND DO ANYTHING YOU SET YOUR MIND TO.

HELPFUL HINTS FOR FASTING:

1)MAKE SURE YOU HAVE ACCESS TO PLENTY OF WATER. YOU REALLY NEED TO KEEP HYDRATED. PLUS IT HELPS ALITTLE FOR THE FIRST FEW DAYS IN KEEPING YOUR STOMACH FEEL FULL.

2) BE PREPARED TO FEEL THE STRONGEST HUNGER YOU HAVE EVER FELT. YOU WILL HAVE HUNGER PAINS THAT MIGHT HURT SO MUCH THAT YOU WILL BEGGING FOR FOOD.

3)IF YOU WANT TO MAKE IT AN EXPERIENCE THAT GOES BEYOND JUST NOT EATING, THEN PUT YOURSELF IN A PLACE WITH NO BOOKS, UNPLUG YOUR TV, AND YOUR PHONE, AND TAKE AWAY EVERYTHING BUT A JOURNAL TO WRITE IN. TRY NOT TO HAVE ANY CONTACT WITH ANYONE FOR THOSE FEW DAYS. OH YAH, NO MUSIC EITHER (I KNOW ITS HARD BUT.....YOU CAN DO IT)

4) SET A GOAL TIME FOR YOURSELF. AND ASK A FRIEND TO SHOW UP AT YOUR PLACE WITH A BIG

POT OF STEAMING VEGAN FOOD AT THE END TIME OF YOUR GOAL. YOU WILL PROBABLY WANT TO EAT RIGHT AWAY AND YOU WONT FEEL LIKE FIXING A MEAL FOR YOURSELF AT THAT POINT. AND WHEN YOU DO HAVE THAT FOOD INFRONT OF YOU, TRY REALLY HARD TO EAT IT VERY SLOWLY. OR ELSE YOUR BODY WILL GET REALLY UNHAPPY AND TRY TO, UH, GET RID OF IT AS FAST AS POSSIBLE.....

5) MOVE SLOWLY. GET UP AND SIT DOWN REALLY SLOWLY. DONT USE THE TIME TO EXERCISE OR ANYTHING. YOUR BODY CANT AFFORD TO USE UP THE ENERGY IT HAS STORED.

6)TRY TO THINK ABOUT ALL THE THINGS YOU HAVE BEEN PUTTING OFF THINKING ABOUT. YOU WILL HAVE ALOT OF TIME TO THINK ABOUT IT.

7) HAVE A GOOD TIME AND GOOD LUCK.

I think that I am transferring to the university of iowa next year. I have heard that there are some punk shows, but I don't know if there are any hardcore shows. and I don't know if there are any straightedge kids. or even if there are any straight kids. see iowa city is a big bar town...and I hope that I can find some kids that wont want to go drinking. if you know of any scene or any kids out there, please let me know.
thanx, x-girl

look, if you are a woman, then please be straightedge. not only do we need more women in the scene, but we need more women who respect themselves. and being straightedge is way to respect yourself. and if women don't respect themselves, then society isn't going to. women need to unite and fight for respect in society. and if we have the respect for ourselves and the strength and discipline that goes along with straightedge, we will succeed.

so, ok this is what i do for a living: i work at an outdoor sports store. i sell backpacks, tents, hiking boots, climbing gear, and snowboards <etc.>

i work there because i love nature. i want to be a park ranger or a outdoor photographer, or a marine biologist, or sumthin crazy like that.

so what does *this* have to do with straightedge?

well you see i think i thought of a whole different way of looking at straightedge. i look at it from a love of the wilderness. i want to be a part of nature. i dont want to be in civilization with all its evils and its ugliness.

nature is so pure and beautiful. humans shouldnt think that they are above it. humans separate themselves from other animals so much. thats why they think that they can factory farm and treat animals like shit. its cuz humans dont even see themselves as an animal. its like we learn that we come from apes in biology class, but something inside of us wants to believe that we were "created", we wanna set ourselves apart. we wanna be cleaner <showers>, smell better <deoderant>, be less hairy<shaving>, and all that shit. its like we wanna transform ourselves so much so that no one would ever equate us with an animal.

humans think that they are lord and master over animals. see when it comes down to it, i am not necessarily against eating animals. if i view myself as part of nature and a natural part of the food chain, then eating animals *could* be ok. our bodies are made so that we *can* eat meat but *we dont have to*. but i think that the idea of enslaving animals by factory farming them and not letting them live a natural existince is wrong.

hunting <and i dont mean wearing an orange jacket while drinking beer and pumping rounds of ammo in a poor deer is hunting> is what some animals do. if i lived out in the woods i am not sure what i would do. there are arguements on both sides for whether it is unnatural or natural for us as being animals to eat meat that is not obtained from factory farming but by killing the animal like other predators kill animals..... anyway i dont want this piece to be about animal rights and vegetarianism <tho if you think about it, it would be more natural for us to eat meat but not eat other animals milk and cheese. but eggs would be natural because alot of animals eat others animals eggs> but on to straightedge.... if i do consider myself an animal, then i dont want to put anything into my body that other animals dont put in their own bodies. other animals dont smoke or drink alcohol or shoot smack in the bathroom of some club.ok pot occurs naturally in the wild, but you dont see any animals lightin a spliff. you know what i mean? i wish that i could breath untainted air and eat food that grew naturally with no pesticides <thanx for organic...>. i would love to not wear shoes and clothes, but actually for being an animal we really suck, and are designed really badly. we get sunburned <i am so fair it happens to me all the time> we get cold and wet <thanx for goretex and polar fleece> we need shelter <thanx for tarps and tents> we have to cook meat <if we eat it, then thanx for stoves> if we have all these things then our feet cannot support the weight of all the gear we need <thanx for internal frame packs and good hiking boots> we have shitty night vision <thanx for headlamps>

our bodies really suck. but besides that, we ARE animals and i think that it makes sense to be sxe if you see yourself as part of nature because it means embracing a natural state.

X-GIRL APPROVED GEAR COMPANIES

MERREL, VASQUE, ASOLO, PETZL, BLACK DIAMOND, MORROW, PATAGONIA, THE NORTH FACE, MARMOT, MOONSTONE, SIERRA DESIGNS, MONTBELL, PMI, BLUE WATER, MOSS TENTS, DANA DESIGN, GREGORY, SALOMON, LA SPORTIVA, BOREAL, 5.10, MOUNTAIN SAFETY RESEARCH, PEARL IZUMI, TEVA, PERCEPTION AQUATERRA

go out, get in nature. find out about and practice low impact camping. backpack, climb, x-county ski, kayak, snowboard, canoe, sail, go for a fuckin walk! just get out there and hang out in the woods!

X-GIRL APPROVED MAGAZINES

NATURE, OUTSIDE, SIERRA, BACKPACKER, SILENT SPORTS, ROCK AND ICE, CLIMBING, SEA KAYACKER, AUDUBON

if you are pregnant, don't smoke. don't even drink alcohol in small quantities. because everything that goes in your body goes in the kids body tenfold. think about it. it is ten times smaller than you, but it gets the full dose that the rest of your body is getting. plus it doesn't have a tolerance built up. and its not just that the fetus gets drunk or a buzz, it gets its cellular development screwed up. and that means everything from the formation of the skin that covers up its spine and the central nervous system, to the formation of its major organs like its brain and lungs and such. and the baby kinda needs those to live. I guess I think it should be a law that you shouldn't be able to drink or smoke or do drugs if you are pregnant. cuz even tho I am totally in favor of personal freedom, its just like drunk driving, its when your actions directly affect the life of anothers. your rights end where the childs begin. so I guess I sound pretty anti-choice now. but I am not. I am definitely pro-choice, but I am against child abuse. look, if you decide to have the kid, don't abuse it, when it is in your womb, and after it is born. cuz I think anyone who abuses a child is a pretty sick muthafucka. and really weak. child physical abusers don't have the innerstrength to remain calm or to use their anger constructively. they just lash out because they are not in control of themselves. and plus if the abuser is under the influence of a drugs that makes them more prone to being an abuser and makes them more apathetic as well. they may be aware that they are hurting their child, but the drugs make them not care. or they are

so out of it they don't even realize what they are doing. and that's one reason to be straight in itself. to be aware. to know what is going on and to know what you are doing at every instant of your life. to care. to care about yourself enough to take responsibility of yourself and to extend that caring to taking care of others. and to be strong enough to be in control of yourself and not to abuse anyone. i think that if more people were into being more aware, of what they were putting in their bodies, of what their actions were, of what their place in nature was, of how they could make the world a better place, maybe some of the problems in the world could be helped. I have heard straightedge as described as a reduction of vices. if everyone could cut down on one vice every month, the world could be a lot better in just a decade.

I know it sounds like dreaming, but I am just really posi, and if more people were, maybe some things would change. cuz its not that I want all the worlds problems changed in a night. I just want people to treat each other alittle better, and I figure that if people treat themselves well and responsibly, like being sXe for example, then they could extend that to how they treat other people.

out of all the "movements" and all the belief systems, and philosophies in the world, I really think that straightedge is one of the most truth based. that is because instead of worshipping a god, or taking on a concept as being them most important thing, it is just about believing in yourself. instead of piling on dogma or a holy scripture, its about stripping things off. its about exposing who you really are. without drugs. without alcohol. without all those toxic blankets that seem to cover up peoples lives. straightedge is about living naturally, the way we were born. the way other animals live in this world :poison free. its getting down to who we really are, underneath it all. so comparatively it is not about embracing a set of beliefs or a god, it is about throwing everything away and concentrating on what is left, on who we really are.

so there is this woman named
marianne williamson or something,
and she writes about women....
anyway i dont agree with everything
she says, but she said something
that really struck me....
she said that women in the nineties,
in trying to be mens equals, are
losing parts of themselves. women
are so busy running around trying to
work hard, get promotions, staying
late at the office, and all that shit,
that they end up with, yes, some of
the benefits of being a man, but also
some of the negative things that
men have to deal with. now women,
like men, are becoming so
achievement oriented, that they lose
sight of what really makes them
happy. it isnt achievements or
promotions that really make you
happy. its the quality of life you
have. its the loved ones around you.
its having a hobby that you love and
have time for....

who cares if you sell stocks and bonds or work at a pet store. as long as you are happy, then your life is ok. we all think we need more than we do anyway. as long as we have people who we care about and who care about us, then everything else is extra. you can live in a mansion and be unhappy, or in a loft that is falling apart and next to the noisy el train and be happy. it is not what we have, but who we are that is going to determine how content we are. as long as we lead our lives the way we think is right, then we will be ok. and thats one good reason to be straightedge. if you are, and you are true to it, then you feel pretty good about yourself. at least you should, its a very positive thing to do with your life. and if you love yourself enough to be straightedge, then you have a greater capacity to love others.

i think it is important for women to be strong in society and i wish that there were more women in higher level positions in business and government, but i think that if women keep aware of the "happiness quotient" in their lives they will not be at the risk of losing sight of what makes their lives worthwhile.

and i think it is time for men to step back, and look at their lives, and try to figure out how happy they are too. because life is all about giving and sharing. not about taking and owning.

sometimes i like to be around people who hate straightedge. especially if they are vocal about it, and wanna fight about it. see sometimes i figure if you, and all your friends, are sxe than it all becomes just commenplace. all of you agree on it and you dont really discuss it.

but if i get around someone that i can argue about sxe with, then i feel revitalized. i go over my thoughts and feelings about being sxe, and its a review for me. it makes me get all excited about being sxe, and renews my passion about being sxe. plus when i am there arguing with someone and i am saying all the reasons that i am sxe i really feel pride of being sxe.

i am not usually vocal about being sxe. this zine is probablly the most vocal thing i have done in years. many people i know dont even know that i am sxe. i figure that i am sxe for myself, so why tell anyone. for over three years i never even put X's on my hands at shows. i figured it didnt really matter if other people knew that i was sxe. but a few months ago at a show, a good friend of mine X'ed my hands up, at first i was kind of annoyed, but then as i stared down at those X's i felt a sense of overwhelming pride. i felt very lucky to be a part of a movement which was all about respecting your own life. i wanted to shout out to the world that i was straightedge. it

made me understand why so many kids want to sing for a straightedge band.

but i dont want to preach. i never preach to the people i know that use drugs. sometimes, i try to get them to ask me why i am sxe. then i can tell them all the very valid reasons why i am. and the reasons usually make sense, and alot of times the drug user ends up looking at things just a little differently. and hopefully when they are next driving their car, or riding their bike, their mind starts to wonder and they will think about my reasons for being sxe. and maybe at some point that will make some sort of difference in their lives. i dont think you can force someone to become straight, i think you just have to educate them on why they might want to be.

cause being straightedge just makes sense, ya know?

I HAD THIS FRIEND. AND WE WERE REALLY CLOSE. AND
I REALLY LOVED HIM.

AND THEN HE STARTED DOING MORE AND MORE
DRUGS.

AND HE STARTED TO CHANGE.

AND HE WASN'T THE PERSON THAT I KNEW AND
LOVED ANYMORE.

AND AFTER A WHILE I FELT LIKE HE HAD DIED.

AT LEAST THE PERSON I HAD ORIGINALLY KNOWN HAD
DIED.

AND I THINK I HONESTLY WENT THRU A PERIOD OF
GRIEF.

AND I MISS HIM. I REALLY DO.

AND IF HE HAD BEEN STRAIGHT HE STILL WOULD HAVE
BEEN HERE.

NOT STRAIGHTEDGE, JUST STRAIGHT. THAT'S ALL IT
WOULD HAVE HAD TO BEEN.

I MISS HIM.

SO MUCH.

I MISS HIM.

AND SEE THAT'S ONE REASON ITS HARD FOR ME TO GET CLOSE TO
SOMEONE THAT USES AND OR ABUSES A DRUG. SEE FIRST THEY START
TO CHANGE. AND NOT ONLY DO THEY CHANGE, THEY ALSO SOMETIMES
START TREATING YOU LIKE SHIT. AND THEIR LIVES START TO FALL
APART, AND EVERYONE WHO IS AROUND HAS TO PICK UP THE PIECES FOR
THEM. AND THEY DO IT FOR THE USER CAUSE THEY CARE ABOUT HIM.
BUT IT DOESN'T HELP, CAUSE THE USER IS SPIRALING DOWN AND DOWN
AND NO ONE CAN PULL HIM OUT OF IT.

I AM REALLY INTO PEOPLES INDIVIDUAL RIGHTS. I DON'T WANT ANYONE FORCING ME TO DO THINGS OR TO THINK A CERTAIN WAY, SO I TRY NOT TO DO IT TO ANYONE ELSE. I FIGURE EVERYONE HAS THE RIGHT TO THINK WHATEVER THEY WANT AND TO DO WHATEVER THEY WANT *AS LONG AS IT DOESN'T INFLICT ON ANYONE ELSE'S RIGHTS.*

SO, OK IF SOMEONE WANTS TO DRINK ALCOHOL AND KILL THEIR BRAIN CELLS, THEN LET THEM. THEY HAVE TO PAY THEIR OWN CONSEQUENCES. WHAT THE FUCK DO I CARE. JUST ANOTHER IDIOT IN THE WORLD AS FAR AS I AM CONCERNED.

BUT, IF THEY GET INTO A CAR IN THE DRIVERS SEAT, THAT'S WHEN I START TO GET PISSED OFF. CUZ THAT'S WHEN THEIR RIGHTS END AND OTHERS RIGHTS BEGIN. CUZ EVERYONE ELSE HAS A RIGHT TO LIVE AND IF THEY GET HIT BY A DRUNK DRIVER THAT RIGHT IS TAKEN AWAY.

SAME WITH SMOKING. SMOKERS CAN POLLUTE THEIR LUNGS ALL THEY WANT. COVER THEM IN TAR LIKE A FUCKIN HIGHWAY IF THEY WANT , BUT THEY BETTER GET THOSE FUCKIN CANCER STICKS AWAY FROM ME.

CUZ ITS MY RIGHT TO TRY TO KEEP DRUG FREE AND I DON'T WANT ANY OF THAT SHIT GOING IN MY LUNGS. I DON'T FORCE STRAIGHTEDGE ON THEM, AND I DON'T WANT THEM TO FORCE DRUGS ON ME. I MEAN REALLY, HOW WOULD YOU LIKE TO BE A SMOKER AND KNOW THAT WHAT YOU WERE DOING WAS CONTRIBUTING TO HEALTH PROBLEMS OF PEOPLE YOU DIDN'T EVEN KNOW? AND MORE THAN THAT, THE HEALTH PROBLEMS OF THE PEOPLE YOU DID KNOW AND LOVE? IF YOU WERE A PARENT, HOW COULD YOU LOVE YOUR CHILD AND YET EXPOSE THEM TO SECOND HAND SMOKE.

MIGHT AS WELL KILL THEM QUICK, OR NOT EVEN HAVE THEM IN THE FIRST PLACE. IF YOU ARE GOING TO BE SO SELFISH THAT YOU CAN'T EVEN GIVE UP SMOKING BECAUSE OF YOUR CHILD, YOU, UH, SUCK.

SO I JUST READ THAT OVER AND EVEN THO I HAVE BEEN LISTENING TO EMO A LOT AND THINKIN PRETTY POSI, I GUESS MY OLD HATE EDGE ROOTS ARE STILL THERE.....

ITS FUNNY, AFTER I WRITE ALL THIS STUFF I REREAD AND I THINK "WOW, DID I WRITE THAT?" SEE I GUESS I THINK OF MYSELF AS PRETTY LAID BACK ABOUT THE WHOLE SXE THING. I MEAN I SOMETIMES GO TO BARS. I DON'T DRINK AT THEM, BUT I STILL GO SOMETIMES JUST TO HANG OUT.<PLUS IT IS FUN TO LAUGH AT DRUNKARDS> NO SERIOUSLY, A LOT OF TIMES I WANT TO GO, JUST SO THAT I CAN BE THE DESIGNATED DRIVER. I FEEL SECURE WITH BEING SXE. I KNOW IT IS THE RIGHT CHOICE FOR ME. DEEP DOWN INSIDE I ACTUALLY FEEL SOME PITY FOR PEOPLE WHO AREN'T CUZ I FIGURE THEY DON'T RESPECT THEMSELVES ENOUGH TO KEEP DRUG FREE, BUT THAT'S MY OWN PERSONAL BELIEF. AND LIKE I SAID BEFORE, I REALLY BELIEVE IN PEOPLES FREEDOM TO BELIEVE WHATEVER THEY WANT. I DON'T ESPECIALLY PREACH, I JUST DON'T WANT TO DRINK MYSELF...

BUT I REREAD WHAT I WRITE HERE AND I THINK I SOUND REALLY REALLY PREACHY. AND KINDA HATE EDGE TOO. OR SINGULARLY PIOUS. BUT I AM NOT IN REALITY LIKE THAT. WHAT I WRITE HERE ARE MY IDEALS. ITS WHAT I GUESS I ACTUALLY

BELIEVE DEEP DOWN INSIDE, BUT I DON'T THINK
YOU CAN REALLY TELL FROM THE WAY I ACT. BUT I
GUESS I WONT REALLY MEET ANYONE WHO IS
READING THIS, CUZ I AM NOT MUCH OF A
SCENESTER AND I AM KIND OF A QUIET PERSON,
SO I GUESS I CAN SOUND AS PERFECT AS I WANT
AND NONE OF YOU GUYS WILL EVER KNOW THE
DIFFERENCE <GRIN, JUST KIDDING>
BUT SERIOUSLY, MY WHOLE DEAL IS THAT YOU
GOTTA BELIEVE IN SOMETHING BEAUTIFUL AND
TRY TO BRING OUT YOUR BELIEFS IN YOUR LIFE,
AND ITS HARD, BUT THAT DOESN'T MEAN IT IS
IMPOSSIBLE.

so there are some zines I really really like, and it was hard for me not to list them in my zine, but I decided I really wanted this zine to be totally free of all names, but on the other hand I want these zines to get some credit, so if you are at all interested about what zines are on the x-girl approved list, just write and ask me and I will send you a list of zines that I really feel are different, and that have interesting opinions, and have something novel to say.

the address again is:

X-GIRL

1326 greenwood

evanston, il

60201

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

so even tho this society is supposed to be all against drugs and everything, look at the way that it promotes alcohol use. there are parents all across the country telling their kids that alcohol is wrong, but the kids just dont agree with them. of course they dont. look how the rest of society portrays it. when sports teams win some big game, the first thing they show is champagne bottles expoding and being poured over everyones head <oh yah that custom makes alot of sense>, and you cant celebrated the start of a new year with out having alcohol, and of course there has to be enough alcohol at a wedding so that uncle joey can get plastered and throw up in the flower arrangements. anywhere where a celebrations is, there has to be alcohol. now how are kids gonna think that alcohol is wrong if they are shown that it is something that you have at the happiest times in your life?

its fucked up thats all i have to say.

actually i have to tell you all that martinellis sparkling apple cider is the almighty shit. no alcohol in it whatsoever <unlike "non-alcoholic champagne" which has .9% alcohol in it. yuk>

and it tastes really really good.

now that i think about it there are tons of drinks that taste way better than alcohol. fresh squeezed orange juice is rad. so is hot apple cider. and guava juice. and herbal ice tea, and lemonade, and tons of stuff.

why would anyone ever drink alcohol except for the effects that it has. i hate people who say that they like the taste of beer. how could they, even when i drank i thought it tasted like panther piss.

its like people saying that they like the taste of cigarettes. yah right. if they like it so much why dont they lick the ashtrays clean?

anyway, i digressed. my whole point was that its hard to teach kids the dangers of alcohol, if society is gonna be so hypocritical and give the opposite message.

XXXXXXXXXXXXXXXXXXXXXXXXXXXX

"DAMN, X-GIRL IS SO FULL OF SHIT. I HEARD THAT SHE EATS MEAT"

UH SOME OF YOU MIGHT HEAR THAT SOMETIME<BUT HOPEFULLY PEOPLE HAVE BETTER THINGS TO TALK ABOUT THAN MY EATING HABITS>

ITS TRUE.

I HAVE A FEW REASONS FOR IT, BUT THE MAJOR ONE IS THAT I HAVE A STOMACH DISEASE WHICH MAKES ME UNABLE TO BE VEGETARIAN.

I HAVE TRIED TWICE IN MY LIFE.

BOTH TIMES I GOT CRIPPLEINGLY SICK. AND I HAD TO TAKE A HUGH AMOUNT OF DRUGS <WHICH ISN'T SOMETHING I REALLY LIKE DOING>

THAT'S ALL I REALLY HAVE TO SAY.

ITS NOT REALLY ANYONE'S BUSINESS, BUT I JUST WANTED TO OFFER AN EXPLANATION SO THAT PEOPLE WOULD NOT ASSUME ANYTHING ABOUT ME WITH OUT KNOWING THE TRUTH.

SNOWBOARDERS:

so I did this whole sxe nonfashion zine, and I dont really know what to follow it up with, so I thought I would do a 180 <or a 540> and get out my arnets and my morrow and do a straightedge snowboarding zine called EDGE. but I dont know too many sxe snowboarders, so if you wanna send me pictures or stories or anything, it would be rad. or if you just wanna get in touch anyway, you can reach me at the x-girl address. ThanX.

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so I hope that you liked this zine.

I hope it made you think.

straightedge is one way of becoming a better person.

but just remember that all straightedge really means is:

no drinking

no drugs

no smoking.

my friend had a piece in her zine about how having an X on your hand doesn't mean that you are a saint, or a rolemodel. it just means that you are drug free.

and I agree with her.

but I also think that if someone really thinks about why they are straightedge, and what a positive thing it is, then becoming a good person is the natural next step.

vegetarianism, veganism, positive thinking, fighting against racism, fighting against sexism, these are all things that are the next step after being straightedge.

cause being straightedge isn't the end of it all, it is just the beginning...

**forget all the bands.
forget all the records.
forget all the
tee-shirts and hoodies.
forget all the trendy shit.
this zine is about
remembering all the reasons
you became
drug-free in the first place.
or the reasons that you
should become drug-free
now.
no interviews.
no pictures.
no ads.
no record reviews.
just writings on different
aspects of being
poison-free.
read it,
and remember.
X-GIRL**